

Excessive Caffeine Intake (AK 49-USDA 420)

Explain to Participant

You're enrolled in the WIC program today because you have been consuming too much caffeine. More than 3 cups of coffee or caffeine containing beverages per day may be harmful to your breastfeeding infant. Caffeine in your diet gets into your breastmilk and may make your baby hyperactive and irritable. Coffee or caffeine may also lower your baby's iron level.

Goal

The goal is to provide the client with current information about safe levels of consumption of caffeine.

Suggestions for Reducing Risk

Limit consumption of caffeine containing beverages to ≤ 2 -3 cups per day. Individual mothers or infants may have difficulty with 2-3 cups per day and should take in even less than this. Let the client know that caffeine is found in iced tea, green tea, sodas, chocolate, Excedrine, Midol and some other medications. Substitute decaffeinated beverages, sparkling water, or juices. The client should know that the effects of caffeine in her infant may last for several days or even up to nearly 1 week.

Explain Applicable WIC Foods

WIC Foods

Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Nutrition Education Material Suggested